

**[0026]** What is claimed is:

1. A hand-held ergonomic reflexology device comprising:
  - a handle, defined by an inner edge, lower edge, first end and opposite second end.
  - a thumb support member being integrally connected to the handle at first end and protruding outwardly therefrom to a sensor tip portion at its apex point;
  - the sensor tip portion being adapted to apply direct pressure to predetermined treatment areas on the body; and
  - the thumb support member being dimensioned to support the circumference of a user's thumb.
2. The hand-held device of claim 1 wherein the handle is cylindrical.
3. The hand-held device of claim 2 wherein:
  - the handle and the thumb support member being dimensioned to fit within a user's hand.
  - the thumb support member has substantially a partially enclosed elliptical shape being defined by an upper surface area, an inner curved peripheral edge, and an outer curved peripheral edge;
  - the upper surface area having a circumference dimensioned to accommodate the thumb of the user's hand;
  - the outer curved peripheral edge extending from the tip portion proximally near the upper end of the outer edge of the handle; and
  - the inner curved peripheral edge extending from the tip portion to an arc therein, whereby the hand-held device have a structure resembling a small hand gun.
4. The hand-held device of claim 3 wherein the upper surface area of the thumb support member further comprises a groove forming an indentation within its central portion dimensioned to accommodate the bottom surface of a user's thumb.
5. The hand-held device of claim 4 wherein the tip portion is adapted with a small protruding sensor tip blunted end for applying pressure to predetermined reflex points on the body.
6. The hand-held device of claim 5 further comprising a means for transmitting the proprioceptive sensitivity from the sensor tip portion into the user's hand and forearm as pressure is applied to treatment areas on the body.

7. The hand-held device of claim 1 wherein the handle and the thumb support member is made of a smooth solid rigid material.
8. The hand-held device of claim 7 wherein the solid rigid material is wood.
9. The hand-held device of claim 7 wherein the solid rigid material is plastic.
10. The hand-held device 1 wherein the thumb support member and the handle is dimensioned to fit a small, medium, or large hand size.
11. The hand-held device 7 wherein the smooth rigid material has the capability of carrying the transmission of the proprioceptive sensitivity from the sensor tip portion into the user's hand and forearm.
12. The hand-held device of claim 1 wherein the opposite end of the handle is adapted with a rounded blunt end for applying direct pressure to predetermined treatment areas on the human body.
13. The hand-held device of claim 3 further comprising an outer peripheral edge extending from the tip portion through the outer peripheral curved edge of the thumb support member.
14. The hand-held device of claim 13 wherein the outer peripheral edge is structured with sufficient depth to apply pressure to small stripping areas of the body.
15. The hand-held device of claim 3 further comprising an inner peripheral edge extending from the tip portion through the inner peripheral curved edge of the thumb support member and the inner edge of the handle and ending at the opposite end of the handle.
16. The hand-held device of claim 15 wherein the inner peripheral edge of thumb support member is structured with sufficient depth to apply pressure to large stripping areas of the body.
17. The hand-held device of claim 1 wherein the thumb support member is adapted to accommodate the thumb of the right hand or left hand.
18. A method of applying pressure to reflex points of the human body utilizing a hand-held device with a handle having an integrated thumb support member extending outward to a sensor tip portion, the method comprising:
  - (a) locating a reflex point on the human body;
  - (b) grasping the handle with the pinky, middle, and ring fingers of the user's hand with the handle in a vertical position in the palm of the user's hand therein;
  - (c) placing the index finger on the backside of the thumb support rest member

- (d) placing the bottom surface of the thumb in the center portion of the thumb support member;
  - (e) applying adequate pressure to the located reflex point of the body with the tip portion of the thumb support member; and
  - (f) repeating step (e) until adequate treatment is applied to all predetermined reflex points of the body.
19. A method of applying pressure to trigger points of the human body utilizing a hand-held device with a handle having an integrated thumb support member at one end and an opposite second end, the method comprising:
- (a) locating a trigger point on the human body;
  - (b) grasping the thumb support member with the pinky, middle, and ring fingers of the user's hand with the thumb support member being in the palm of the user's hand therein;
  - (c) placing the bottom surface of the thumb in the center portion of the front side of the handle with the index finger supporting the backside of the handle;
  - (d) applying adequate sustained pressure to the located trigger point of the body with the second end of the handle; and
  - (e) repeating step (d) until adequate treatment is applied to all predetermined trigger points areas of the body.
20. A method of applying pressure to small stripping areas of the human body utilizing a hand-held device having a handle integrated with a thumb support member at one end, the device being defined by an outer peripheral edge extending from the tip portion of the thumb support member all the way to the upper end of the handle, the method comprising:
- (a) locating a small stripping area on the human body;
  - (b) grasping the handle with the pinky, middle, index, and ring fingers of the user's hand with the handle in a horizontal position in the palm of the user's hand.
  - (c) placing the outer side of the thumb diagonally across the lower portion of the thumb support member;
  - (d) applying gliding pressure to the located small stripping area of the body with the outer curved peripheral edge of the thumb support member from the point of origin of the muscle to the point of insertion of the muscles; and

- (e) repeating step (d) until adequate treatment is applied to all predetermined small stripping areas of the body.

21. A method of applying pressure to large stripping areas of the human body utilizing a hand-held device with having a handle integrated with a thumb support member at one end, the device being defined by an inner peripheral edge extending from the tip portion of the thumb support member all the way to the upper end of the handle, the method comprising:

- (a) locating a large stripping area on the human body;
- (b) grasping the upper portion of the handle in the palm of the hand with the middle, ring, pinky, and index fingers supporting the backside of the upper portion of the handle near the point of integration between the handle and the thumb support member;
- (c) placing the bottom surface of the thumb in the center portion of the thumb support member;
- (d) applying gliding pressure to the located large stripping area of the body with the inner curved peripheral edge of the of the device from the point of origin of the muscle to the point of insertion of the muscles; and
- (e) repeating step (d) until adequate treatment is applied to all predetermined large stripping areas of the body.